

DOODLING IS BRAIN-SMART

A Little More about Drawing as a Processing Activity

Doodling may have been thought of as a lack of concentration, but new research suggests otherwise. Findings in the journal *Applied Cognitive Psychology* suggest that doodling may in fact stop daydreaming, the real culprit behind lack of attention!

Doodling was shown to help participants remember details from a presentation.

It was sufficient to stop daydreaming without affecting performance on the main task.

Daydreaming does in fact have a very positive role in creative thinking, but during meetings or in the classroom the doodle in the margins may be just the thing for improving recall.

Emmitt, a freshman in the College of Science, uses biological cartoon doodles to help him overcome difficult topics in class.

"I'll make a little joke about (a topic) and then I'll be like, '½ Wow, I understand that now,'" said Emmitt.

Emmitt's nature of in class comprehension may sound odd, but it works for him. He said when he gets creative in his doodling he can make hard, boring topics make sense. This, he said, translates to better exams.

"Sometimes you get to a question about (a difficult topic) then you think of the picture and you can remember what the answer is," he said. "It's helped me out on tests so much."

"If you doodle about something that has nothing to do with class then yeah it will hinder you," said Emmitt. "But making connections between the doodles and the topic can really help."

If students are provided the opportunity to draw during a lesson, would it make their learning a more productive activity?

